ZAAZ

# JOIN THE MOVEMENT.

## ZAAZ AEROBIC MAT™

- ENABLES HIGH LEVEL CARDIO WORKOUT
- GREATLY ENHANCES THE AEROBIC EFFECT OF YOUR WORKOUT
- REDUCES THE IMPACT ON MUSCLES AND JOINTS
- INSTANTLY INSTALLED TO ANY ZAAZ 15K OR 20K BASE
- PATENTED TECHNOLOGY EXCLUSIVE TO ZAAZ

ZAAZMOVEMENT.COM

ZAAZ

# ZAAZ AEROBIC MAT™

**THE ULTIMATE WHOLE BODY VIBRATION MACHINE NOW ALSO DELIVERS AEROBIC, CARDIO & MAX INTERVAL TRAINING™ EXERCISE!**

GREAT FINANCING OPTIONS AVAILABLE!

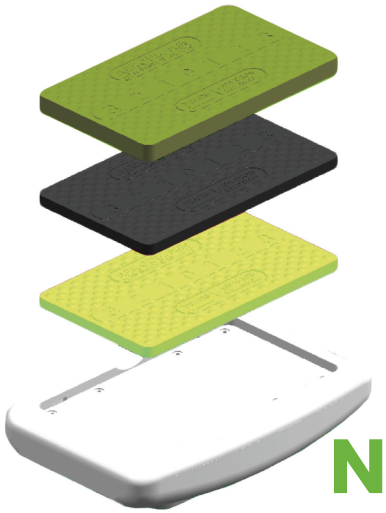
# INTRODUCING THE NEW ZAAZ AEROBIC MAT DELIVERING AEROBIC, CARDIO AND MAX INTERVAL TRAINING.

## ROTATE BETWEEN 3 MATS!

**MAT ONE**: A hard plastic mat designed for muscle training and maximum vibration transfer.

**MAT TWO**: Our aerobic mat which provides serious cardio & aerobic exercises to be performed.

**MAT THREE**: Takes aerobic capability even further, allowing you to get your heart rate up even higher.



**NEW!**

Mats are black. Color is for illustration only.

CANADA INDUSTRIAL DESIGN 135781 | USA DESIGN PATENT D640336
INTERNATIONAL PATENT PCT/CA2012/050769 | USA PATENT 13196751

# TRANSFORM YOUR HEALTH & FITNESS WITH ZAAZ WHOLE BODY VIBRATION!

- ASSISTS IN WEIGHT LOSS
- INCREASE MUSCLE STRENGTH
- IMPROVE MOBILITY
- IMPROVE COORDINATION
- IMPROVE FLEXIBILITY
- DECREASED CELLULITE VISIBILITY
- IMPROVED CARDIOVASCULAR HEALTH

## AEROBIC TRAINING

When you combine Aerobic Exercise with Whole Body Vibration, the cardio component pushes your body to exert more effort and keeps your heart rate up. You'll see amplified results fast! With continued Aerobic Exercise, you'll strengthen your lungs and your heart. Aerobic Exercise can even lower your cholesterol, reduce your blood pressure, and elevate your mood.

## MAX INTERVAL TRAINING™

Work out on one of our ZAAZ Aerobic Mats to elevate your heart rate for interval training. Move at 100% speed and intensity for 9, 30, or 60 seconds and then move at about 50% for the same amount of time. This allows your body to work at its utmost, gaining particular benefits not seen with regular aerobic activity. Use the ZAAZ 20K and 15K LED Monitors to time your interval training workouts.

## WEIGHT LOSS - DID YOU KNOW?

That the added calorie burning is still in effect for up to 20 hours after your Max Interval Training has completed.

**10MINS OF ZAAZ EQUALS 1HOUR AT THE GYM**